Celebrate
family & friends
CONSUMER CHOICE 2010
Come in to Derks and receive your rental
Savings Coupon Today!
Derks Formals Menswear
#107, 7004 MacLeod Trail • SE 403.301.3366
#107, 908 - 17th Ave SW • 403.228.5288
www.derks.ca

ZOO LION TO ROAR FOR CHARITY
YOUR BACKSTAGE PASS TO BIG SOUND III {page 13}

FLOP?
KATIE'S NEW FLICK LIKED BY NO ONE {page 16}

CALGARY
metro®
Thursday, January 27, 2011
www.metronews.ca
News worth sharing.

Flames. Four!

▶ Adam Pardy, left, celebrates his first goal of the season as a Calgary Flame with teammates, left to right, David Moss, Rene Bourque and Olli Jokinen. The Flames won last night's game against the St. Louis Blues 4-1 and thus extended their winning streak to four games. Go to metronews.ca for more.

JEFF MCINTOSH/CANADIAN PRESS

Red, white and yellow resurgence

Tory caucus?

Finance minister says media is exaggerating in-fighting {page 3}

From Hawaii to Gotham

Selleck on Magnum P.I. and his new show Blue Bloods {page 14}

Funeral operators cry foul

Undertakers charged with fraud Police say information has come from several witnesses, Alberta Funeral Services Regulatory Board and the Crown

[illegible] are flabbergasted by accusations that they overbilled families for cheap burial materials and cut off a deceased's finger in order to remove a ring.

Ralph and Faith Zentner of Cornerstone Funeral Home in Lethbridge, Alta., are charged with fraud and offering an indignity to human remains.

They are to appear in a Lethbridge court in March.

"We have sought legal advice and vehemently deny these allegations," Ralph Zentner said yesterday. "We have difficulty in understanding the evidentiary basis for these charges and look forward to receipt of disclosure material.

"We don't understand who would gain from these ludicrous allegations."

He also said there's no way the funeral home will shut down while the charges are being dealt with.

"We have current families that we are serving and will continue to serve and we have to carry forward. There's no question. We are not closing the doors."

Allegations

- Police say an investigation indicated the funeral home used cremation trays instead of more-expensive caskets but billed families for the more expensive item.
- It's also alleged that in one case a rental casket was reused without the lining being replaced each time.
- The offences are alleged to have occurred between 1996 and 2006.

Police say they received a complaint from the provincial board that regulates funeral services about alleged illegal activity dating back 15 years.

"It's been in our hands for a number of years, but it's taken some time for us to sort through the information (and do) extensive consultation with the Crown prosecutor's office out of Edmonton, the special prosecutions branch," said police Insp. Colin Catonio.

THE CANADIAN PRESS

CLEARANCE

42% OFF
MSRP

2010 AVEO

BRAND NEW

$33.68 per week

C100367

40% OFF
MSRP

2010 COBALT

BRAND NEW

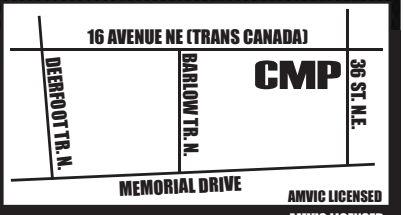
$40.42 per week

C101406

Aveo cash price $9,995, Cobalt cash price $11,995, prices and payments do not include taxes and fees, 5.99% OAC, 84 month term,errors and omissions exempt

CMP GM
CHEVROLET Cadillac BUICK GMC

403-539-6004
cmpauto.com



CORNER OF 16TH AVE & 36 ST. N.E.

MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

AMVIC LICENSED

AMVIC LICENSED

Committee votes against fluoridation

After hours of hearing from the public, a city committee voted yesterday night to stop fluoridating Calgary's water.

While a recommendation will be made to council, the debate is not over.

"It's certainly what I was expecting for tonight," said Ald. Druh Farrell, who spearheaded the motion to remove fluoride. "It may be a different story at council."

Earlier this week, a group from the University of Calgary's faculty of medicine, including Dr. William Ghali, offered to form an expert panel to present research to council.

"There was just a general indication to say that we would be potentially able to pull together something for you. Let us know," said Ghali. "I would hate to see a hasty decision."

Ald. Gael MacLeod was the only one to vote against the motion and said she would support more information from a panel.

"I'm listening to a lot of information." she said. "A lot of research was presented today and it's not clear to me what is substantive research and what research has been less rigorous, and that's what a panel of experts will be able to help us with."

KATIE TURNER

KATIE TURNER/FOR METRO

▶ At one point, around 50 people had signed up to speak during yesterday's fluoride debate.

Morton denies split within Tory caucus

Finance minister also rejects media reports he had threatened to resign over the budget debate

Premier Ed Stelmach got a rousing reception from his caucus yesterday, a day after he announced he will quit, reportedly over an acrimonious budget debate.

But Finance Minister Ted Morton downplayed reports of deep divisions within the Tory caucus over the upcoming budget.

"The fracture in the Tory party is a figment of the media's desire for a good story," Morton said.

"We had lots of discussion and very rarely any disagreement in caucus on anything. At the end of the day we all stick together."

Morton said reports of heated discussion on the issue are wrong since the budget was approved by cabinet's agenda and priorities committee on Monday.

On Tuesday, Stelmach stunned party members by announcing he will leave politics after the upcoming spring legislature session.

"It's going ahead. We all support it. It's a caucus decision."
FINANCE MINISTER TED MORTON ON THE BUDGET

The caucus is meeting in Calgary this week to sign off on the budget. The last two have run multibillion-dollar deficits due to struggling oil and gas revenues.

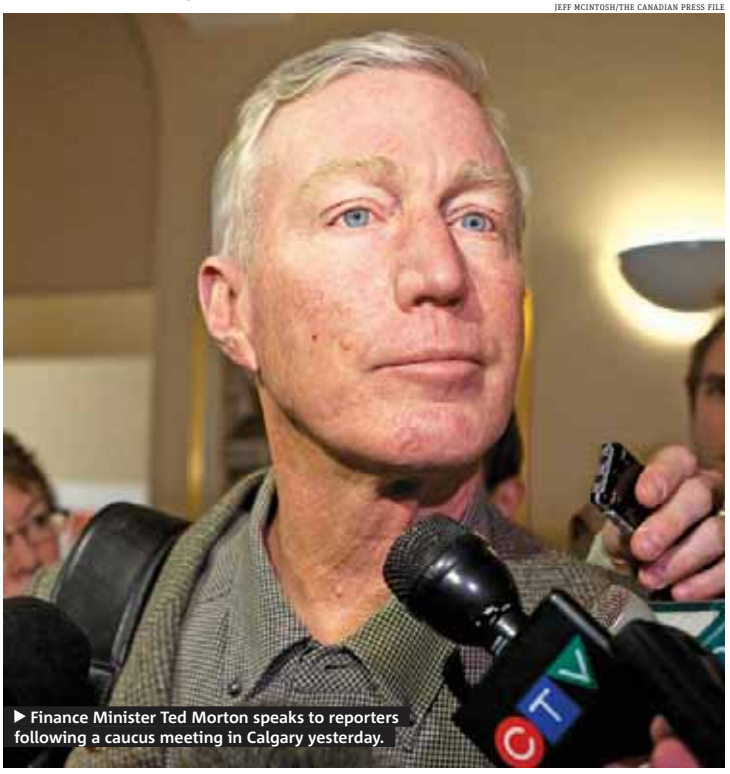
Stelmach reiterated Tuesday that the next one will follow the same pattern and suggested it would be wise to keep program and infrastructure spending going and to use surpluses banked in better times to pay off the deficit.

Morton said it's too soon to say if he will join the race for the leadership.

Stelmach did not comment publicly yesterday.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS FILE



▶ Finance Minister Ted Morton speaks to reporters following a caucus meeting in Calgary yesterday.

Teens charged in LRT stabbing

Two teenagers have been charged in the Jan. 18 stabbing of a man near the Franklin LRT station.

The charged youth, ages 16 and 14, face a host of charges, including aggravated assault.

The victim remains in hospital in serious but stable condition, said acting Staff Sgt. Mark Hatchette.

"His belly was sliced open," Hatchette said.

Details have also emerged about another victim who claims to have been approached by the suspects 15 minutes prior.

Police are looking for a third individual who may have been involved, Hatchette said.

JEREMY NOLAIS

12 The number of charges laid against the two suspects in the stabbing near the Franklin LRT Station.

JEREMY NOLAIS/METRO

▶Acting Staff Sgt. Mark Hatchette

News in brief

Trio nabbed after robbery

LRT. Three suspects are in police custody after a male was assaulted and robbed at the Southland LRT station early yesterday morning. The suspects allegedly also headed to the Shawnessy LRT station and attempted to rob a second individual.

Curling clubs hit by thieves

VIDEO. Police are investigating after robberies at three Calgary curling clubs. Police say the three suspects have been caught on surveillance video. They enter the clubs dressed like curlers, but then they go into the locker rooms and steal items from jackets and bags.

METRO

1 news

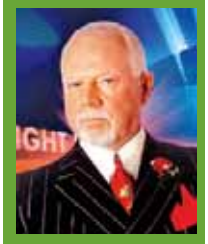
News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca



Don Cherry has a special serenade for The Great One on his 50th birthday. Video at metronews.ca

Follow us on Twitter @metrocalgary

Facebook to allow advertisers to repost user comments as 'sponsored content.' Scan code for story.

News in brief

CONTRIBUTED

▶ Dog found in block of ice in Dawson Creek.

SPCA probes odd find of dog encased in ice

COLD CASE. Animal cruelty investigators in Dawson Creek, B.C., were left reeling after a local resident found a dog frozen in a block of ice on his lawn.

According to the B.C. SPCA, the homeowner who made the gruesome discovery Jan. 15 did not know the dog or who could have left the corpse on his property.

"It's a bizarre and very upsetting case," said SPCA investigator Marcie Moriarty. METRO

Knee clinic offers online self-referrals

KNEES UP. A new clinic at the University of Calgary Sport Medicine Centre aims to treat people with knee injuries in a timely manner.

Using an online self-referral, The Acute Knee Injury Clinic can identify people who have torn ligaments or damaged cartilage but may not require surgery or an MRI.

Such patients are accepted into the clinic within days and can begin treatment immediately.

Self-referral can be accessed at www.sportmed.ucalgary.ca/akic. METRO

Alleged beating a case of gay bashing?

NAKUSP, B.C. A Calgary man is being sought in connection with an assault in B.C. RCMP believe he may have been motivated by homophobia. METRO

Break, house, lock and pop in the city

Dance studio claims to be Calgary's first — and only — hip-hop destination Classes for kids and adults

JEREMY NOLAIS
@METRONEWS.CA

JEREMY NOLAIS/METRO

▶ Scott Raugust, 5, practises some spinning moves while taking a class at Pulse Studios.

Calgarians looking to bust a move are invited to check out a brand new hip-hop dance studio in town for free.

Pulse Studios officially opened its doors Monday and is offering classes at no cost through to Saturday in a variety of styles.

"It's going to be about more than just taking dance classes," said Gill Co, one of the studio's co-founders. "We are trying to build a community and educate people about where these dances came from, the music behind them, the people that created this movement. We want to create that same movement in Calgary."

Steph Raugust and her five-year-old son Scott eagerly headed to the studio, located at 110–10th Ave. NW, to take part in dance classes the first day it opened.

"It just gives you confidence," Steph Raugust said of hip-hop dancing. "It's a good workout and it makes you feel good afterwards. Everyone should try it."

Classes are available at Pulse Studios for people ages three and up. A full schedule of classes, description of dance styles and more information about the studio is available at pulsestudios.ca.

Groove thing

Some dance styles offered at Pulse Studios:

1. **Breaking** — Considered the original hip-hop dance. Moves include the windmill, swipe and Charlie rock.
2. **Locking** — West Coast dance focused on lock points, wrist twirls and handshakes.
3. **House** — Started in Chicago, the style focuses on grooving to the rhythms of house music.
4. **Popping** — Originating in Fresno, Calif., this style focuses on flexing muscles to the beat of music.

The best time to connect with Shaw's best selling products is now.

Stay connected to the world and your friends by signing up for one or more of these great services.

To subscribe call 310.SHAW or visit SHAW.CA.

Digital TV
- Access to thousands of Shaw Video On Demand movies* and hundreds of TV channels from Canada's largest TV provider.
- Includes a Digital Box with On-screen Program Guide.

FROM $29.95** PER MONTH FOR SIX MONTHS DIGITAL BASIC TV

Extreme Internet
- With download speeds of up to 15Mbps and 100 GB of data per month you can experience the joy of more downloads, more music, and more video from Canada's fastest Internet provider.

FROM $29.95** PER MONTH FOR SIX MONTHS

Home Phone
- Including Voicemail and Call Waiting.
- Call Display and free long distance to other Shaw Phone customers with Shaw to Shaw Calling.

FROM $19.95** PER MONTH FOR SIX MONTHS HOME PHONE BASIC

Together is Amazing.

SHAW

*Thousands of titles are available on VOD.SHAW.CA. **Offer valid for new customers or existing customers without that service. Terms and conditions apply, see SHAW.CA for details.

Recycled
polyester dress
$24.95
H&M

UNLIMIT YOURSELF
FOR $35/MO
on a 3-yr term plan plus Government Regulatory Recovery Fee±
SONY ERICSSON VIVAZ PRO
UNLIMITED BROWSING[4]
+
UNLIMITED
TEXTING[2]
SOCIAL NETWORKING[4]
EMAILING[3]
TALK EVENINGS & WEEKENDS[1]
+ MUCH MORE
SWITCH TODAY
LIMITED TIME OFFER
ROGERS™

Offer ends May 2, 2011 and is subject to change without notice. Not available for smartphone devices.
±The Government Regulatory Recovery Fee ranges from $1.96-$3.45/line/month (varies by province and plan selected). It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change.** See rogers.com/regulatoryfee for details. A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. Early Cancellation Fee applies. **1.** Evenings from 6 pm – 7 am, Mon to Fri, and weekends from 6 pm Friday – 7 am Mon. Includes 150 local anytime minutes. **2.** Compatible device required. Includes unlimited Extreme Text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/Received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text/picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme Text go to rogers.com/extremetextmessaging. **3.** Data transmission charges of 3¢/kB apply when roaming. Supported domains: Yahoo!® Mail, Gmail™, Windows Live™ Mail, Rogers Yahoo!® Mail, as well as most web-based and ISP email accounts. Compatible devices required. **4.** Unlimited social networking using basic features of select applications (built-in at time of purchase) and browsing on select social networking sites. Selection varies by device, visit rogers.com/socialnetworking for full details. Usage subject to Rogers Terms of Service and Acceptable Use Policy, visit rogers.com/terms for full details. Data transmission charges of 0.6¢/kB apply when roaming in the U.S. (except Flex Rate plans for which charges of $3/MB will apply); and 3¢/kB when roaming internationally. Visit rogers.com/mobilebrowsing for details. © 2011

Police crack down on protests

- Tunisia's uprising sparks demonstrations in Egypt
- Activists call for president's ouster and a solution to rising prices and high unemployment

Egyptian anti-government activists pelted police with firebombs and rocks in a second day of clashes yesterday. Police forces moved in and used tear gas, beatings and live ammunition fired in the air to disperse any demonstrations

There were signs the crackdown on protesters was taking a toll on Egypt's international standing. White House spokesman Robert Gibbs would not say whether President Hosni Mubarak, the target of demonstrators' anger and a close U.S. ally, still has the Obama administration's support.

A policeman and a demonstrator were killed yesterday when a car ran them over during a Cairo protest, security officials said. The exact circumstances of their deaths were not clear. Officials said earlier the two died when they were hit by rocks but later changed the account. Earlier, three demonstrators died in clashes in Suez and one policeman died in Cairo violence. Security officials said 860 protesters have been rounded up since Tuesday, when tens of thousands turned out for the largest protests in Egypt in years. THE ASSOCIATED PRESS

Master's. The Beatles

▶ Former Miss Canada finalist Mary-Lu Zahalan-Kennedy poses next to the Penny Lane street sign in Liverpool, England, yesterday.

ALAN EDWARDS/THE ASSOCIATED PRESS HANDOUT

And I saw her standing there

Mary-Lu Zahalan-Kennedy is all smiles after becoming the first person in the world to graduate with a master's degree in The Beatles. She was one of the first students to sign up for the course when it launched at the Liverpool Hope University in 2009.

Coca lovers give U.S. something to chew on

AIZAR RALDES/GETTY IMAGES

Thousands have taken to the streets in Bolivia to chew coca leaf in support of the country's bid to remove an international prohibition on the age-old practice.

The chief target of yesterday's peaceful protest was the U.S. Embassy.

Coca is a mild stimulant of high religious and social value in the Andes. It fights hunger and alleviates altitude sickness. But it is also the raw material of cocaine. Washington has objected to Bolivia's proposal to remove a prohibition on coca chewing from the international Single Convention on Narcotic Drugs. THE ASSOCIATED PRESS

Officials probe breast implant, cancer link

U.S. government health officials are investigating a possible link between breast implants and a very rare form of cancer after reviewing a handful of cases reported over the past 13 years.

The cancer, known as anaplastic large cell lymphoma, attacks the lymph nodes and skin. THE ASSOCIATED PRESS

HP recommends Windows® 7 Professional.

intel CORE i7 inside™

Faster. Smarter.

WHY ARE YOU LISTENING TO LAPTOPS THAT SOUND SO SMALL?

HP ENVY 17

GET THE MOST MIND-BLOWING SOUND FROM ONE OF THE WORLD'S FASTEST LAPTOPS FEATURING THE SMART INTEL® CORE™ i7 PROCESSOR.

HP.CA/BETTERSOUND

hp

TOP 10 of 2010

Sponsored by

ING DIRECT
save your money®

YOU VOTED!
THE TOP 10 VACATIONS IN 2010 ARE:

1. Vancouver Olympics
2. Las Vegas
3. Hawaii
4. Within my province
5. Canada!
6. Cuba
7. Within my city
8. Disney World/Land
9. Rome
10. Florida

To see more Top 10's of 2010, visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

metro life panel

Man on the run gave himself a brutal nose job

Do-it-yourself surgery with scissors and a box cutter helped accused murderer escape detection

THE ASSOCIATED PRESS

Tatsuya Ichihashi: Before, left, and after.

While on the lam for two and half years, a Japanese man wanted for the murder of a British woman took brutal measures to obscure his identity.

He scissored off his lower lip, dug two moles out of his cheek with a box cutter and gave himself a nose job.

The disclosures come in a book released yesterday and written from jail by Tatsuya Ichihashi, who will stand trial later this year.

Ichihashi travelled up and down Japan, in fear of arrest and obsessed with cosmetic surgery. He bound up his nose with a thread and needle — like a cook trussing a piece of meat — to make it narrower.

He twice tried to cut off part of his lower lip to make it thinner. The first time, he couldn't follow through because of the excruciating pain, he wrote. He finished it up a few days later in a public bathroom.

His English teacher, Lindsay Hawker 22, was found dead in a sand-filled bathtub on the balcony of Ichihashi's apartment in March, 2007.

A visit to a cosmetic surgeon would later lead to his arrest, as staff noticed the remnants of moles and sent photos of Ichihashi to police. THE ASSOCIATED PRESS

A beautiful new, affordable, 55+ apartment in Bridgeland, now open!

Willow Park on the Bow
30 – 11th St. NE

One bedroom suites available in a variety of spacious layouts on four floors.

Space is limited!

Willow Park on the Bow is a pet free, non smoking, concrete building featuring dining and private meeting rooms, extensive landscaping, exercise area and security system.

On the corner of McDougall Road and 11 Street NE

WILLOW PARK on the bow

Housing for Seniors

One month free rent!*
*Limited time offer

Call 403-262-6295 for rental inquiries.

Davos. Reassuring the world

▶ Dmitry Medvedev says Russia is a safe bet for badly needed investment.

FRANK JORDANS/THE ASSOCIATED PRESS

Give us your cash, says Russia

Russia will not be brought to its knees by this week's deadly airport explosion, President Dmitry Medvedev told the World Economic Forum in Davos, Switzerland, yesterday, and he insisted the bombing shouldn't make foreign investors cower in fear either. Monday's blast in Moscow killed 35 and wounded 180.

Moms in danger?

Having a baby can risk mental problems: Study

Having an abortion does not increase the risk of mental health problems, but having a baby does.

That's the conclusion of one of the largest studies to compare the aftermath of both decisions.

The research by Danish scientists debunks the notion that terminating a pregnancy can trigger mental illness and shows postpartum depression to be much more of a factor.

"A woman should know that her risk of having a psychiatric episode is not increased" after an abortion, said Trine Munk-Olsen of Aarhus University, who led the study.

THE ASSOCIATED PRESS

REEVES COLLEGE

From here.
To career.

The Shortest Path To A Health Care Career

Train today for:
- Medical Office Assistant

Also available:
- Paralegal
- Business Administration
- Oil & Gas Administration

and more...

Most programs are 1 Year or less.

Step into the career you've been dreaming of. Call today!

learn.reevescollege.ca
1.800.710.1448

facebook .com/ReevesCollege
twitter .com/ReevesCollege
YouTube .com/ReevesCollege
myspace .com/ReevesCollege

UNLIMITED MOBILE PHONE
30 Day Free Trial
Comwave Mobile for Blackberry & iPhone allows you to enjoy unlimited calling anytime for just $15/month.
Download now!
www.comwave.net/blackberry
www.comwave.net/iphone

LONG DISTANCE
Make Long Distance and OverSeas Calls From your
Home or Cell Phone

CUBA	INDIA	PAKISTAN	PHILIPPINES
89.9	2.9	5.9	11.9

Afghanistan 24.9 ¢	Jamaica 8.9 ¢	Saudi Arabia 9.9 ¢
Bangladesh 3.9 ¢	Jordan 9.9 ¢	Sri Lanka 9.9 ¢
Ecuador 9.9 ¢	Lebanon 9.9 ¢	Trinidad 4.9 ¢
El Salvador 9.9 ¢	Libya 24.9 ¢	U.A.E 14.9 ¢
Guyana 24.9 ¢	Nepal 7.9 ¢	Vietnam 4.9 ¢
	Romania 2.9 ¢	

If the country you call is not on this list or our advertised rates are higher than what you are currently paying... that's no problem. Call today and we'll beat what you're paying with your current provider... GUARANTEED!

Unlimited Canada
Unlimited Calling to Canada Even From Your Cell Phone!
$5 /month

Call Over 30 Countries
1.9 ¢/MIN

403-451-5801
comwave
www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. Rate guarantee is based on competitors lowest advertised rate for like services. Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. The Comwave Call over 30 Countries for 1.9 cents does not include calls to overseas mobile phones and it has a monthly fee of $1.95. Calls to Argentina on this bundle are to Buenos Aires. Calls to Colombia on this bundle are Bogota and Cali. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Mexico on this bundle are to Mexico city and Monterrey. Calls to Russia on this bundle are to Moscow and St. Petersburg. Calls to Overseas Mobile Phones may be billed at a higher rate. All Unlimited Plans do not include calls to the Yukon, Nunavut N.W.T., Alaska and Hawaii. Terms and conditions apply, see www.comwave.ca for details

Canada gears up for American retail invasion

- J. Crew set to open first Canadian branch this year
- Discount clothier Marshalls has stores under construction

A new breed of prospectors is gearing up for a modern Canadian gold rush — far from the pickaxe-toting oldtimers of the Klondike, these are a savvy, business-suited bunch looking to cash in on rich veins of Prada purses and cheap blue jeans.

They are major U.S. retailers, department stores and mall moguls, and they have begun a cross-border campaign in anticipation of consumers here opening their wallets by 2012, creating huge demand for new shops and outlets.

"If you look at 2008 and 2009 they were very difficult years for retailers. 2010 I would say was a recovery year for retailers. So in 2011 and 2012, we expect the market to grow but it will be more competitive because there are more players entering the market," says Daniel Baer, a retail industry consultant with Ernst & Young.

"It takes time to build stores and to plan and to get your real estate and the like. They are planning ahead for better times."

Wal-Mart, the world's biggest retailer, is the latest this month to announce major Canadian expansion plans ahead of what some malls and experts predict will be a consumer spending boom in 2012. The U.S. company announced yesterday it plans to spend $500 million US to open 40 more Canadian stores that combine general merchandise and groceries.

THE CANADIAN PRESS

Heading north

Expanding Daniel Baer cited the recent entry of lingerie store Victoria's Secret, housewares store Crate & Barrel and skincare retailer Bath and Body Works into Canada as examples of how American companies are succeeding north of the border.

U.S. Technology

▶ U.S. President Barack Obama tours Orion Energy Systems, a power technology company that designs, manufactures and deploys energy-efficienct and renewable energy technology, in Manitowoc, Wis., yesterday.

JEWEL SAMAD/GETTY IMAGES

Calling for a Sputnik

In challenging Americans to compete for the future, President Barach Obama is calling for a new Sputnik moment, like the one in the 1950s when the Soviet Union beat the U.S. by sending a satellite into space — spurring the U.S. to pour money into science and technology and eventually making it to the moon.

Household debt growth slowing: CIBC

There's a report from CIBC that suggests Canadians may be starting to get the message about the perils of mounting debt. A new analysis by the CIBC says mortgage debt appears to have been growing more slowly in recent months. The bank also estimates outstanding mortgage debt will rise by about five per cent this year, down from an estimated 7.7 per cent increase in 2010.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 206.12 (13,465.75)	+ 0.23¢ (100.47¢ US)

Natural gas 1,000 cu ft	Oil
$4.488 (No change)	+ $1.14 US ($87.33 US)

Gold contracts $1,333.00 US (+ 70¢ US)

Live Clean
This Year
Cleanse Your Body
Energize Your Life
Why You Should Cleanse
• Improves Health
• Increases Energy
• Improves Digestion
• Improves Elimination
• Reduces Toxic Load
• Reduces Risk of Chronic Health Conditions
First Cleanse is a unique, 15 day all natural herbal cleanse, formulated specifically for the 'first time' or 'sensitive' cleanser.
CleanseSMART is a 30 day, total body cleanse that works to eliminate toxic materials from the body and improve liver and bowel function.
Rapid Cleanse is a 7 day, therapeutic strength cleansing program that works to cleanse and detoxify your entire body.
Liver DETOX works to stimulate and enhance the liver's natural cleansing ability and improve overall liver function.
Receive $3.00 OFF your purchase of ANY* RENEW LIFE PRODUCT
Dear Retailer: Renew Life Canada Inc. will reimburse the full value of this coupon on the purchase of the product specified. Other applications may constitute fraud. Applications for reimbursement received after 6 months from the expiry date, as indicated below, will not be accepted. Failure to send in, on request, that sufficient stock was purchased in the previous 90 days to cover the coupons will void coupons. Coupons submitted become the property of Renew Life Canada Inc. Reimbursement will be made only to the retail distributor who redeemed the coupon. For redemption, mail to: Renew Life Canada • 8 - 1273 North Service Road East • Oakville, ON • L6H 1A7.
* Limit one coupon per purchase (Individual Organic Fibre Bars, FitSMART Bars & DigestMORE 20 caps Excluded). Coupon expires February 28th, 2011.
FOR MORE INFORMATION VISIT ONE OF THESE FINE HEALTH FOOD STORES
Morning Sun
Northland Village Shoppes 403-288-0014
Market Mall 403-286-5655
Sunridge Mall 403-293-9445
Glenmore Landing 403-253-9633
The Shoppes Of Shawnessey 403-254-6966
Signal Hill Centre 403-217-3304
Westbrook Shopping Ctr. 403-246-8133
Deerfoot Mall 403-730-8562
Airdrie Village Square 403-948-8777

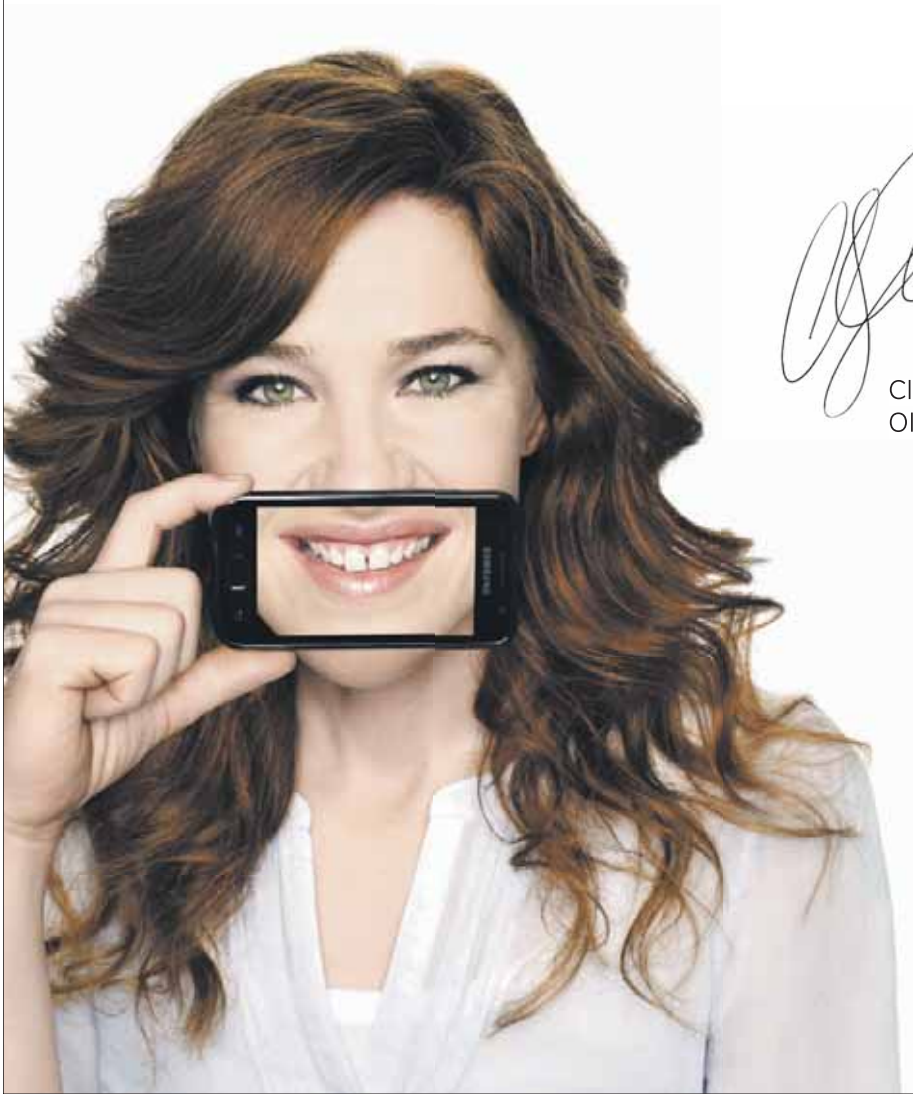
On February 9th, mental health is on everyone's lips.

One in five Canadians suffers from mental illness, impacting countless lives and taking a heavy toll on the nation's economy. But mental illness carries a stigma, and many who suffer won't get the help they need because they're too afraid to talk about it.

That's why I'm proud to support Bell Let's Talk Day on February 9th. For every text message sent and every long distance call made by Bell customers that day,* Bell will donate 5¢ to mental health programs.

Join me in the national conversation. Together, we can change attitudes and make a real difference. To learn more, please visit bell.ca/letstalk.

*Regular long distance and text message charges apply.



Clara Hughes
Olympic champion

Bell Let's Talk

WHEN YOU REALIZE YOU'RE IRRELEVANT

He says ...

JOHN MAZEROLLE

Most of the time I focus on the good things about aging.

It leads co-workers to erroneously assume that I know what I'm doing, for example. And the wisdom of my years has recently allowed me to make the important changeover from wanting to get fit, to convincing myself I look fine.

I've never seen milestones as millstones.

But then, as I was watching a television commercial this week, something disconcerting hit me: This is my last year in power.

Why? Because these are my last days as a coveted demographic. In the very near future, I will no longer be 18 to 35.

This is upsetting. For the last 16 years, advertisers have seen me as no less than a god. People with money wanted me, needed me, worshipped me.

I was male, single, and powerful, with companies writing their whole playbook based on my loves and lusts.

But now, suddenly, I am irrelevant. And it hurts. Now I understand how housewives abruptly dropped for younger women must feel.

"I'm about to become the forgotten middle child, demographically."

I'm aware that ad men only wanted me because I was easy to manipulate, quick to depart with my money, and socially irresponsible, but at least they wanted me.

Advertising gets older; its loves stay the same age.

I can prove I'll be neglected, too. Look at any ad aimed at the younger set: They're awesome. Whether it's the Canadian Armed Forces or underarm body spray, commercials meant for young males have Hollywood production values. That the Old Spice guy hasn't won some sort of major acting award yet is one of the great injustices of our time.

Now look at the ads aimed at people who aren't young males: They suck.

Car dealership owners, gold dealers, and personal injury lawyers screaming at us, creepy dads who dye their hair to get over the death of their wife, and seniors that make you wish somebody would skip the high-impact yoga and go get acting lessons.

Oh sure, there are some slick ads for baby boomers, but I'm not in that group either. I'm about to become the forgotten middle child, demographically.

This is where the decline starts.

Soon I'll spend my days complaining that today's TV, music, and products aren't as good as when I was young. But nobody will listen.

It's going to be lonely. If only some shiny doodad or new trend could help ease the pain. Please take me back, advertisers: I swear, I can stay the same.

Read more of John Mazerolle's columns at metronews.ca/hesays

Cartoon

Clocks on a cellular level

Worth mentioning

Does time stand still?

What makes people tick? Anybody who has suffered jet lag knows all about the body's internal clock, which is driven by a cluster of brain cells.

But even the cells throughout our body have their own 24-hour clocks to co-ordinate activities at the cellular level. Now, new research suggests that these internal timepieces may be more complicated than scientists thought.

For years, scientists have said this clock is basically the activity of certain genes. But in a new study, scientists looked at human cells that don't even have genes. And in these red blood cells, they found an enzyme flip-flopping between two forms on a regular 24-hour cycle.

Is that a clock? Or is it just responding to some clock? Nobody knows yet, says Akhilesh Reddy of Cambridge University. But it seems to be connected in some way to the genetic mechanism found in other cells, he said. Reddy co-authored two studies on the subject in today's issue of the journal Nature.

Joseph Bass of Northwestern University, who co-wrote a Nature commentary on the work, said the new findings don't overturn the standard notion of a gene-based clock. Still, he said, "Our understanding of the clock is expanding with this work and other work." THE ASSOCIATED PRESS

What's your favourite TV sitcom? Why?

Email
calgaryletters@metronews.ca
Twitter
@metrocalgary

Metro has the right to edit letters and submissions.

metro

METRO CALGARY • Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • T: 403-444-0136 • Fax: 403-539-4940
Advertising: 403-444-0136• adinfocalgary@metronews.ca • calgary_distribution@metronews.ca
Publisher Steve Shrout, **Managing Editor** Darren Krause, **Advertising Sales Manager** Chris Mackie, **Distribution Manager** Dave Mak
METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Asst. Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst. Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Business Ventures Director** Tracy Day, **National Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute with Storytime at zoo

The Calgary Zoo is aiming to promote literacy and animal awareness on Thursday mornings.

Starting at 11 a.m., the zoo's youngest attendees are invited to Storytime at the Karsten Discover Centre. Education volunteers will be on hand to read animal stories from a selection of children's books and show off animal-related items for youngsters to look at and touch. Storytime is suitable for children aged 3-5. The weekly event is free with zoo admission but a donation of $2 is encouraged. All proceeds will go towards education programs at the zoo. For more information, visit calgaryzoo.org or call guest relations at 403-232-9300. METRO

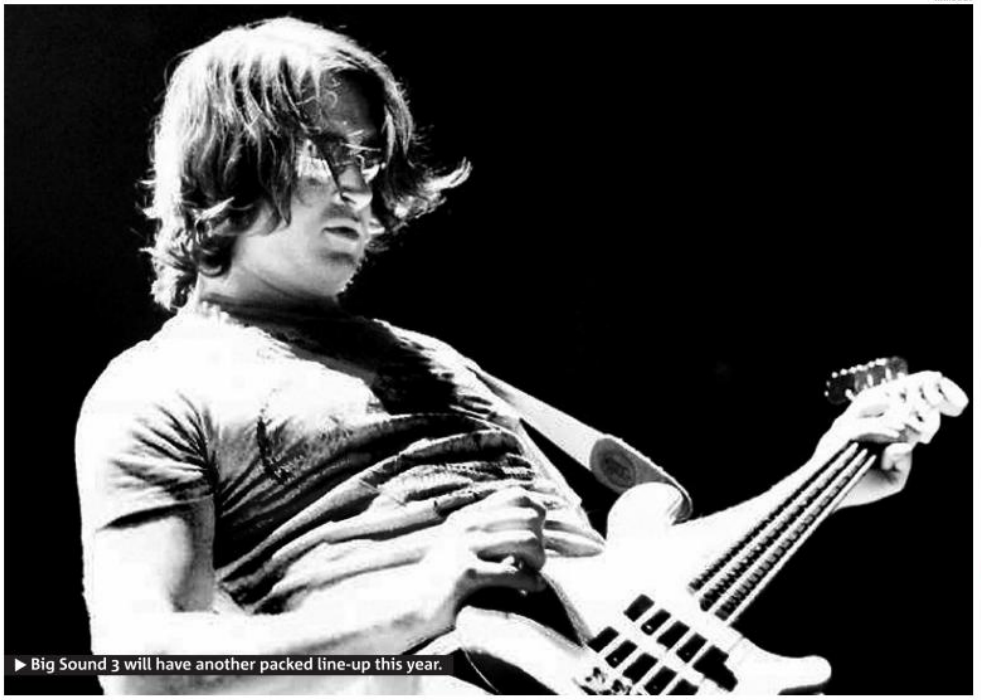
CONTRIBUTED

▶ The Calgary Zoo is hosting Storytime on Thursday mornings.

Big Sound can be a bigger deal

- Recruiting efforts of Big Brothers Big Sisters under way at Big Sound 3
- Line-up features Zoo Lion, Frankie McQueen and The Unravelling

HANDOUT



▶ Big Sound 3 will have another packed line-up this year.

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

Featuring Big Sound III, the Den at the U of C is the place to be on Saturday night. For $15 you get a full night of entertainment from some of Calgary's best known and up-and-coming bands, while making a contribution to a good cause – Big Brothers Big Sisters of Calgary and Area. The line-up features Zoo Lion, Frankie McQueen, The Evidence and The Unravelling.

Putting this guaranteed good time together is none other than Sabrina Maschmeyer from Big Brothers Big Sisters. In its third year, Big Sound is actually a benefit concert/recruitment campaign open to post-secondary goers and general public alike. You just need to be in the 18-plus category. Sabrina heads-up the recruiting efforts of Big Brothers Big Sisters and created the Be a Big Deal campaign, which Big Sound III is part of. "It's designed to reach out to potential mentors in an unconventional way," says Maschmeyer. "The bands have volunteered their time to play at Big Sound III because they had someone influential in their music ambitions."

Tickets are available in advance online from Prime Box Office or at the door. Den doors open at 8 pm on Saturday, January 29. Visit bbbscalgary.com for details.

Each week Metro takes you backstage with some of the biggest event personalities and talent this city has to offer. You can join the conversation on Twitter with @mediamindjen or to submit an upcoming event email: entertainmentcalgary @metro.ca

Zoo Lion

What you need to know

▶ **Big events** Zoo Lion opened for Bon Jovi at the Saddledome to 16,000 fans. Frankie McQueen is co-headling Big Sound III and is kicking off a tour of Western Canada. Over 1,400 kids and their families were served by Big Brothers Big Sisters last year.

HOMOHIPHOP.BLOGSPOT.COM

▶ Rappers Feminem and T-Bag

Stereotypes are getting Bash'd

You've been warned — they have potty mouths.

Bash'd is one of the most powerful pieces of theatre that breaks down stereotypes and sheds a huge spotlight on some very real issues. Going against the grain of discrimination, Bash'd delivers an unforgettable story through the mediums of rap and opera. Yes, I said rap and opera. Feminem and T-Bag spit out… no pun intended… all kinds of graphic lyrics that tell a heart-wrenching story. Catch their limited Vertigo Studio Theatre appearance (115 9 Avenue SE) while you can. The final curtain call is this Saturday, Jan. 29.

JENNIFER LARAWAY

Ladies-only evening to get social

One of the reasons I love Calgary is the unapologetic ambition of up-and-coming professionals.

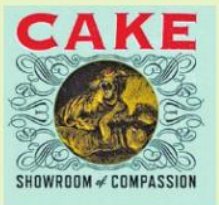
We work hard and play even harder.

On Feb. 2, strut your stilettos down Stephen Avenue to Blink (111 8 Avenue SW) for 5:30 p.m. UYE (Unofficial Yelp Event) is hosting a ladies-only evening for Yelpers (see yelp.com) and non-yelpers alike.

Basically, if you are a girl with any interest in social media, this is your event.

JENNIFER LARAWAY

Reviews A classic ●●●●● | Buy it ●●●● | Get the single ●●● | Borrow it ●● | Don't bother ●



Cake
Album: Showcase of Compassion
Label: Upbeat/Warner
●●●
There's no way this album should work. It mixes '60s psychedelia with mariachi horns, fuzz guitar, cheesy synthesizer runs, broke down Bakersfield country licks, Beatlesque harmonies and wry Kinkish lyrics. But this kind of eccentricity is what we've come to expect from these California geek rockers. Somehow it works on tracks like Federal Funding, Long Time and the almost-angry footstomper Sick of You. But at times self-indulgence gets the best of the band.
GRAHAM ROCKINGHAM

Cage the Elephant
Album: Thank You, Happy Birthday
Label: Universal
●●●
If you're missing fuzzy '90s alt-rock, you'll want to hear Kentucky-based Cage the Elephant's new disc. The group's sophomore effort is a not-at-all subtle mix of Nirvana, Pixies, Pavement and Built to Spill — it's got loud, distorted riffs, some grungy wails, pounding drums and catchy hooks. Grunge isn't back, so after a listen the record feels like a cover album of songs you've never heard of. A little less reliance on the ghosts of Seattle's past would do this band good.
BRYAN BORZYKOWSKI

2 scene

Regrets

British actor Paul Bettany regrets not taking Colin Firth's Oscar-nominated role in The King's Speech. Screenwriter David Seidler has said he wrote the screenplay — also nominated — with Bettany in mind for the role of King George VI, with Oscar-nominated Geoffrey Rush as his speech therapist.
THE CANADIAN PRESS

After a career of mostly serious roles, Natascha McElhone goes for laughs on 'Californication'

▶ Tom Selleck, right, is a New York police commissioner in Blue Bloods.

Selleck: No NYPD blues

Now back fighting crime on TV, the actor talks about Magnum, movies, and how he wants grey hair

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Tom Selleck is back on series television with Blue Bloods as a New York police commissioner and the patriarch of a cop family. And while the surprisingly youthful-looking veteran has been keeping busy on television, he freely admits he's still most recognized for Magnum P.I. Metro spoke with Selleck during a break from filming Blue Bloods.

You don't seem to age. Any reason for that?
I don't know. I'm truly not very gray. And for the show, I spend 20 minutes in the chair every morning graying my hair and graying my mustache a little and I'm thinking, If the show goes eight years, that's nine months a year, 20 minutes a day. I just wish I would get a little grayer.

What about making Magnum into a movie?
Magnum won't work ... I mean, the show is in the Smithsonian as the show that first recognized Vietnam veterans in a positive light in the States. And you can't just buy a title, spend a hundred million dollars on explosions and trivialize it, which they do.

HOT BUYS

Hot Buy* $14.99
Pro Performance Micronized Creatine 300 g
Hot Buy* $19.99
Pro Performance Micronized L-Glutamine 454 g
Hot Buy* $22.79
Pro Performance Maximum Whey 908 g
Hot Buy* $52.49
Gaspari Nutrition Super Pump 250 800 g
Hot Buy* $51.99
Genuine Health Greens + Extra Energy 409/445 g
Hot Buy* $26.99
Renew Life CleanseSMART + FREE FibreSMART
Hot Buy* $34.99
Hot Buy* $24.99
Quick Trim Extreme Burn 120 capsules Fast Cleanse 946 ml
Hot Buy* $34.99
Rivalus Rapid-Fx 60 capsules
Hot Buy* $47.49
Fighters Food Açaí Berry or Chocolate 2.38 lb
Hot Buy* $36.49 ea.
Mega Men Sport Women's Ultra Mega Active 180 caplets
Hot Buy* $28.79
TriFlex 4 formulations available 120 caplets
Hot Buy* $17.49
Ultra Omega 3 180 softgels

Sports Nutrition now on SALE
BOGO 50% OFF - Mix & Match
See sales associate for participating brands

GNC LiveWell.

www.gnc.ca for the location near you
170 locations coast to coast
* Offer valid Jan. 20 to 31, 2011. Offers limited to quantity on hand. Sorry no rain checks. 20% GNC Gold Card discount and BOGO do not apply to our already low Hot Buy priced items.

HAIR LOSS PROBLEM?

Find the solution to your hair loss problem today,
BEFORE IT IS TOO LATE!
Natural Hair Regrowth With FU YAN's Special Treatment System & Chinese Traditional Premium Herbs. *(works for Men & Women)*
Reasonable, Faster, and Better Results!

*These actual before and after pictures will build your confidence in the FU YAN system. We will not deceive our customers with the use of false bald model's photographs and misleading advertising.

Many Albertan's have thanked FU YAN
RESULTS WITHIN 3 MONTHS.
Some conditions apply
• No Medication • No Surgery
• No Side Effects • No Gimmicks

FU YAN NATURAL HAIR
REGROWTH TREATMENT CENTRE™
Suite 201, 2705 Centre St. NW Calgary AB T2E 2V5
TEL: 230-0200 FAX: 230-0213

DOLLAR DAYS

TRUCKS FROM $8 /DAY

CARS FROM $6 /DAY

2002 Pontiac Grand Am
stk# P9443A
$5,995
Low KMs!

2009 Pontiac G5 SE
$8,995
stk# P9356
Automatic, A/C, PW, PL
$0 Down
$79 bi-weekly²
From $6 /Day

2007 GMC Sierra 1500
$10,995
stk# E090795A
V6, Regular Cab
$0 Down
$106 bi-weekly¹
From $8 /Day

2008 Chevrolet Malibu LS
$11,995
stk# U0168
A/C, Cruise, PW, PL, CD
$0 Down
$109 bi-weekly¹
From $8 /Day

2007 Chevrolet Colorado
$12,995
stk# 103110A
Extended Cab
$0 Down
$123 bi-weekly³
From $9 /Day

2009 Chevrolet Malibu LT
$15,995
stk# A2980
Very well equipped
$0 Down
$133 bi-weekly²
From $10 /Day

2008 Volkswagen Jetta City
$14,995
stk# P9352A
Manual, Sunroof, PW, PL
$0 Down
$139 bi-weekly¹
From $10 /Day

2005 Chevy Silverado 3500
$19,995
stk# U0174
Diesel, Dually, Crew Cab
$0 Down
$182 bi-weekly
From $13 /Day

2007 GMC Sierra 2500 SLE
$21,995
stk# L070755A
V8, Extended Cab, 4x4
$0 Down
$199 bi-weekly¹
From $15 /Day

2006 Audi A4
$22,995
stk# 110929A
2.0T, Automatic
$0 Down
$207 bi-weekly¹
From $15 /Day

2009 GMC Sierra 1500 SLE
$25,995
stk# P9387
Extended Cab, 4x4, One owner
$0 Down
$207 bi-weekly²
From $15 /Day

2010 Buick Lucerne CXL
$26,995
stk# U0187
Leather, PW, PL, A/C, Cruise
$0 Down
$214 bi-weekly²
From $16 /Day

2009 GMC Sierra 2500 SLE
$28,995
stk# P9377
4x4, V8, Crew Cab
$0 Down
$229 bi-weekly²
From $17 /Day

2010 GMC Sierra 1500 SLE
$28,995
stk# P9412
Crew Cab, 4x4, CD/MP3
$0 Down
$229 bi-weekly²
From $17 /Day

2010 Chev Silverado 1500 LT
$27,995
stk# P9397
Crew Cab, 4x4, PW, PL
$0 Down
$227 bi-weekly²
From $17 /Day

2009 Chevy 2500HD LT
$28,995
stk# P9435
V8, Crew Cab, 4x4
$0 Down
$229 bi-weekly²
From $17 /Day

2009 Chevy Traverse LT
$27,995
stk# R04513A
Seating for 8! One owner.
$0 Down
$227 bi-weekly²
From $17 /Day

2004 Ford F-350 XLT
$19,995
stk# 103251A
Diesel, Crew cab, 4x4
$0 Down
$270 bi-weekly⁴
From $20 /Day

2008 Dodge Ram 2500 SXT
$36,995
stk# A2983
6.7L Diesel, Crew Cab, 4x4
$0 Down
$289 bi-weekly²
From $21 /Day

2010 GMC Sierra 2500 SLE
$43,995
stk# R04435A
Crew Cab, 4x4, Diesel
$0 Down
$349 bi-weekly²
From $25 /Day

All payments are bi-weekly, $0 downpayment, 7.49% O.A.C. and include fees and taxes. ¹72 month term. ²84 month term. ³60 month term. ⁴48 month term. Prices do not include GST. *O.A.C

Commercial Vehicle Specialists

2007 Chevy Cube Van
$23,995
stk# P9401
SHAW LEASE $414 /Month

2009 Chevy Express Cargo
$22,995
V6, Auto, A/C, 3 to choose from
stk# U0194
SHAW LEASE $395 /Month

2009 GMC Savana 2500 Cargo
$24,995
21,000kms, 4.8L Vortec V8, Auto, A/C
stk# P9411
SHAW LEASE $434 /Month

2007 Chevy Express 2500
$25,995
Extended Cargo, Diesel
3 to choose from
stk# L090671A
SHAW LEASE $455 /Month

2008 Ford F-450
$44,995
stk# U0188
SHAW LEASE $829 /Month

Payments based on 49 mo. lease with $3,000 down OAC, at 7.99% apr, excluding applicable fees and taxes

EASY APPROVALS

Bankruptcy - Divorce - No Credit - New Credit

CALL OUR CREDIT HOTLINE!

403-536-1979

DO NOT PAY FOR 90 DAYS*

SHAW GMC

CHEVROLET BUICK

403-536-2012

SHAWGMC.COM

4620 Blackfoot Tr. S.E.

AMVIC # 10234902

Find us on Facebook and Twitter!

Proud Sponsor

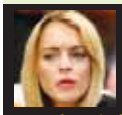
ALLEN BERG RACING SCHOOLS

GM Canada

Optimum CERTIFIED USED VEHICLES

- Manufacturer's warranty
- 150 + Point inspections
- 30 day/2500 km no-hassle exchange privilege
- 24-hour roadside assistance

Celebrity tweets



Lindsay Lohan [@lindsaylohan] Tom Hardy is just a friend of mine.... The tabloids are wrong.

Lily Allen [@lilyroseallen] Jamie Oliver 30 min meals are so not 30 minutes. Maybe if you don't prep or wash your vegetables properly....

Anthony Bourdain [@NoReservations] I want to be able eat my burger medium rare. Anywhere. Would anyone think this an unreasonable expectation?

Stephen Fry [@stephenfry] I paid a lot of money to go on vacation on a private jet, but it has a PILOT. METRO

It's a boy for Javier and Penelope

Baby and Oscar nod in same week for Bardem

GETTY IMAGES

▶ Penelope Cruz and Javier Bardem

It's been quite a week for Javier Bardem. Not only was he nominated for an Oscar for his work in Biutiful, but his wife, Penelope Cruz, gave birth to their first child, according to Spanish newspaper El Pais. The baby, reportedly a boy, was born at Cedars-Sinai Medical Center in Los Angeles. METRO

Johansson over split from Ryan?

GETTY IMAGES

▶ Scarlett Johansson

Scarlett Johansson and Saturday Night Live star Jason Sudeikis may be healing their broken hearts together, according to Life & Style. Johansson, who is divorcing Ryan Reynolds, and Sudeikis, who recently split from January Jones, were spotted at dinner in L.A. recently with fellow SNL cast-member Will Forte and a date. "It definitely looked like a double date," a source says. "Scarlett and Jason were flirting and making lots of eye contact. He reached across the table twice to grab her hand." METRO

Holmes has them heading for home

Katie Holmes has a new movie, The Son of No One, at the Sundance Film Festival, but her performance is not getting the kind of response she'd like, with many audience members walking out before it finished, according to Us Weekly. "When Katie showed up on screen, there was a collective groan," a source says of the film, in which Holmes stars as the wife of a cop played by Channing Tatum. METRO

GETTY IMAGES

▶ Katie Holmes

Wedding bells for Hudson, Bellamy

They're already expecting a baby this summer, and now Kate Hudson and Matt Bellamy have a wedding to plan as well, according to the Sun. The pair secretly got engaged recently, announcing it to friends and family at a private party in London this week. "It was an intimate party," a source says. "They kept their engagement secret as they wanted to celebrate with their nearest and dearest before it became public knowledge. METRO

Jean Taylor Tlingit Artist

Practical Beauty Exhibition & Sale

February 3rd, First Thursday: Opening Exhibition and Artist in Attendance 4:00 - 8:00pm

February 4th Exhibition & Sale and Artist in Attendance 12:00-4:00pm

MICAH GALLERY At Art Central 112, 100-7 Avenue SW 403.245.1340 www.micahgallery.com

Jay-Z: And don't forget the tequila

It's not unusual for touring artists to have lists of demands for what they need at a venue, and Jay-Z is no different, with a two-page wish-list that includes four golf carts, bottles of vodka and tequila, Italian red wine and nice china, cloth napkins and real silverware, according to In Touch.

The list also includes sugar-free Red Bull, hand sanitizer, fresh fruit and organic bread. METRO

I'm famous, really

She may have been up for an Oscar last year and recently split from Shia LaBeouf, but Carey Mulligan still doesn't get recognized out in public — not that she's complaining.

"Hand on heart, I've never been stopped in the street by anyone. Ever. No one recognizes me, which is great," she tells Look magazine.

"I was sitting in a gondola at the Telluride Film Festival with six people who had just watched Never Let Me Go. They were having a conversation about it and criticizing it, and I was sitting there and they had no idea." METRO

RIDE AND WIN AT COP!

CJAY 92, METRO AND BURTON WANT YOU TO GET OUT AND SHRED THE SLOPES AT CANADA OLYMPIC PARK.

PURCHASE ANY SNOWBOARD PROGRAM AT COP BETWEEN JANUARY 10 - FEBRUARY 4 AND YOU'RE AUTOMATICALLY ENTERED IN THE GRAND PRIZE DRAW FOR A PRIZE PACKAGE COURTESY OF BURTON!

GRAND PRIZE PACKAGE

- BURTON WHEELIE SUB AND WHEELIE OVERNIGHT LUGGAGE SET
- COP SEASON PASS
- HILL TICKETS FOR 8 FRIENDS

CANADA OLYMPIC PARK winSPORT CANADA metro CJAY92 BURTON

REGISTER TODAY! VISIT WINSPORTCANADA.CA OR CALL 403.247.5452

CANO 2011 CANADIAN OPEN SNOWBOARDING CHAMPIONSHIPS FEB 3 – 5 HALFPIPE AND SLOPESTYLE OPENSNOWBOARDING.COM CANADA OLYMPIC PARK SPONSOR VILLAGE LIVE ENTERTAINMENT

BURTON Rahanee SAMSUNG mobile SNOWBOARD CONTOUR VISITCALGARY.COM

Let the baby bump fashion begin!

- Hollywood is abuzz with a major baby boom
- But what can real-life moms-to-be who don't retain a glam squad on payroll do?
- For one, resist falling into the maternity trap of shapeless dresses and 'mom' jeans

EMMA E. FORREST
METRO WORLD NEWS

A quick rundown of the celebrities who have had babies or announced that they are expecting one this month:

Victoria Beckham, Natalie Portman, Nicole Kidman, Owen Wilson, Kate Hudson, Miranda Kerr, Ivanka Trump, Hilary Duff, Alicia Silverstone, Selma Blair...

The list goes on and on.

Bring on the celebrity maternity style stories!

But what should us ordinary mortals wear?

There seems to be two schools of thought on maternity looks.

The old-school approach that suggests you hide your bump, covering up in tent-like dresses and shapeless tops.

Or the newer method that relies on "the tighter the better" philosophy: going sexy, embracing the shape of your belly in skin-tight Lycra and wrap-dresses.

Fortunately there's a middle ground between the two.

This year's spring/summer trends are filled with floaty maxi skirts and dresses that allow you to be in fashion as your belly grows.

High street brands have wised up to the sartorial dilemmas facing fashion-conscious expectant moms. So try Gap, Zara and ASOS for on-trend or timelessly chic basics.

Invest in decent maternity jeans, leggings and long vests and you'll be able to adapt your current wardrobe.

Be sure to include kaftans, maxi skirts and dresses, tunics and empire-line frocks that you'll want to wear again post-pregnancy.

The coolest thing is that you can try out looks you might not normally wear; you can get away with a tighter top if it reveals a baby, not a beer gut.

GETTY IMAGES

▶ Maxi dresses, such as Natalie Portman's dress here, are on-trend and baby-bump flattering.

3 THREE WAYS TO ADAPT TO THE BABY BUMP

BLAZER

- You don't need to close the blazer over your bump, so wear it with jeans or trousers for a smart work look.

VINTAGE ROCK TEE

- Adopt an anti-mumsy look by wearing jeans with an outrageous rock band tour T-shirt.

GREAT JEANS

- Decent maternity jeans are a must, as they're comfortable and can look smart, too. Team them with the aforementioned blazer for a casual, "executive" look.

3 life

Pregnancy pick

Elle MacPherson Intimates bras
Non-wired maternity bras are essential but can be frumpy; this range is practical and pretty.

BRAS
ellemacpherson-intimates.com

London-based Canadian designer Mark Fast teams with Danier for new collection

A British invasion

With a royal wedding ahead, U.S. design turns focus on London

METROSOFA/THE ASSOCIATED PRESS

▶ British Flag White Throne Chair

Goodbye, Paris. Hello, London! While the French capital's been dear to home decorators for several years, we're seeing the look of London more and more in the newest furnishings and accessories.

Is it fleur-de-lis fatigue? Too many Eiffel Towers? Perhaps. As designer Mei Xu notes, "London blends charm and cheekiness, traditions and trends."

And it doesn't hurt to have a royal wedding just around the corner.

Xu's Bliss Living Home has introduced an extensive collection inspired all by things British.

"To me, London's simply irresistible," she says. "It's such a vibrant city, where the past and present merge."

BLISS LIVING HOME/THE ASSOCIATED PRESS

▶ British inspired novelty candles.

She remembers a visit by Margaret Thatcher to her childhood school in China. The Prime Minister gave the students a large book about the wedding of Charles and Diana. For Xu, it revealed an exciting and glamorous world, and it inspired her creative career.

Her collection's colour palette uses white and charcoal, hues associated with London's often damp weather, and a soft mint green that seems to blend the sea and the forest.

There are candles shaped like Big Ben; pillows showing double-decker buses and classic phone booths; printed bedding with the London Bridge; and blankets, rugs and shower curtains with an oversize hounds-tooth pattern and riding-set vibe. Metallic inks etch crowns on pillows, table linens and tea sets.

Stickerbrand has a two-metre wall decal of Big Ben, London's famous clock, and American Chateau has a large decal of a city intersection in the heart of London.

The bright red London phone booth, one of the city's historic trademarks, was retired many years ago. Replicas are available in the $1,000 range. But for a few dollars, you can create the illusion of one with a door-size poster from Poster Revolution.

AMERICAN CHATEAU/THE ASSOCIATED PRESS

▶ London street wall decal

Doctor Who fans might like Artfire's wall decal of the Tardis police phone booth.

Metrosofa has a white, throne-style chair featuring the flag upholstered on the back; it's much smarter looking that it sounds, honestly.

And finally, Naked Decor uses vibrant colours like navy, sky blue, scarlet and inky black to transform several icons — the Union Jack, Tower of London, even the Queen's silhouette and the keys to Buckingham Palace — into clocks, pillows and other accessories. The collection is called British Invasion.

THE ASSOCIATED PRESS

Service Directory
To advertise contact Blaine Schlechter at 403-444-0136

ACCOUNTING

PREMIER CREW LTD.
• Bookkeeping • Payroll • Financial Statements • • Personal Income Tax Returns •
"For small & home based business"
All work reviewed by professional accountants
Call Walter or Theresa at 403-244-8837
WWW.PREMIERCREW.CA

FINANCIAL

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1 866 499-5629
And get cash now!!
www.mynextpay.com

500 loan service
by phone, no credit refused, quick and easy, payable over 3, 6, or 12 installments.
Call toll free:
1-877-776-1660
www.moneyprovider.com

PSYCHICS

MYSTIC EYE SPIRITUAL READINGS
57 YEARS EXPERIENCE
100% Guaranteed Results
Come in today for a better tomorrow
SPECIALIZING IN REUNITING LOVED ONES
REMOVES ALL BAD LUCK SPELLS AND NEGATIVE ENERGY
1/2 price SPECIAL
Palm • Tarot • Energy Readings
403.228.2258 BY APPOINTMENT ONLY
SOLVE ALL PROBLEMS OF LIFE

MR. HADY
SPIRITUAL PSYCHIC HEALER
Reuniting Loved Ones
Success In Life, Gambling
Court Cases
Remove Spells, Protection
Guaranteed Paid After Results
403-554-9245

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM

CLOSETED LUXURIES

DECOR MOMENT

KARL LOHNES
HOME@
METRONEWS.CA

You may not have a closet like in a movie star's mansion, but there are some easy yet luxurious touches you can add to make your morning dressing routine a little more enjoyable.

CLEAR PLASTIC SWEATER BOXES

They keep dust off fine sweaters and folded shirts, make for easy to see contents and are great for upper shelves in the closet. They also make fantastic bins for lingerie.

CLOSET STEAMER VALET

Rid your clothes of wrinkles right at the closet, no need to touch up your clothes in the laundry room. Also great for freshening up a garment.

VARIETY OF HANGERS

From wood, plastic and velvet, choosing the right hanger will allow your clothes to hang properly.

Remember: the slinkier the fabric the more grip your hanger needs (think rubber or velvet). Larger-sized men's suit jackets needs a larger-ended hanger to keep the shoulders supported while hanging.

SHOE BOXES

Keep your good shoes tidy and protected by storing them in individual shoe boxes. Stack directly above the outfit that they match and you are all set to get dressed in a hurry.

SUIT VALET

Considered something your grandfather might have used, a wooden suit valet is invaluable to keeping him organized and his clothing tidy.

SOLUTIONS

▶ Cedar hangers keep your closet smelling fresh.

Here are some more ideas to upgrade your existing closet's decor.

CLOSET DOORS

Changing swing or slider-style doors is not a difficult project and can help to update the look of your closet.

If you have sliding doors then consider upgrading to a mirrored door, frosted glass or stylish wood veneers.

If you have traditional swing doors consider switching them to glass or mirrored panels, or a new, stylish louvered door.

Painting your existing closet door (inside and out) a fashionable colour like red, orange or dark grey adds personality to your closet.

PAINT OR WALLPAPER THE INTERIOR

Once you have everything out of the closet, give it a fresh coat of paint or a layer of wallpaper to help update the look.

Choose a fun colour (like Tiffany blue or bright orange).

It will offer a real surprise of colour each time you open the closet door.

It's also a great idea to add an interior light and perhaps a small closet safe (like in hotel rooms) to keep valuables all in one place.

MATCH NEW SHELVING COLOUR TO YOUR DECOR

If installing new laminate or wood shelving, match its colour to the furnishings within the room.

Most shelving comes in a variety of light-to-dark tones that can easily be matched to your dresser, bed or night tables.

This idea will unite and co-ordinate the entire bedroom/dressing area.

The only thing you'll settle for less on is the price.

Building your home with **Innovations by Jayman** is about choice. It's about creating a perfect space, designed around the way you live. Full spectrum of choice includes:

- Award winning floorplans
- The highest Fit and Finish™ specifications in the industry – included at no extra cost
- Entertainment and security technology options
- Flexible mortgage options
- Professional styleMagic™ design consultants
- Industry leading customer service
- Moving vans

To celebrate our 10th Anniversary we are offering a **FREE CHEF'S FIT KITCHEN package** to buyers that choose Innovations before February 28th

Jayman's Chef's Fit Kitchen has been packaged together to offer unprecedented style and value – built-in stainless steel appliances include:

- **MAYTAG Bottom Mount Refridgerator**
- **MAYTAG Tall Tub Dishwasher**
- **PANASONIC Genius® Prestige® Inverter® Microwave**
- **MAYTAG 30" Radiant Ceran Cooktop**
- **MAYTAG Self Cleaning Wall Oven**
- **VENMAR Chimney Hood**

NEW LOTS RELEASED IN EVERY COMMUNITY! ENTER TO WIN AN APPLE IPAD by visiting any of our showhome locations!

NEW BRIGHTON, Calgary
1677 New Brighton Dr. SE
Phone: (403) 452-3160

STARTING FROM **$296,700**

SUNSET RIDGE, Cochrane
9 Sunset Common
Phone: (403) 981-3147

SEMI DETACHED:
STARTING FROM **$290,243**

LANED
STARTING FROM **$311,337**

SKYVIEW RANCH, Calgary
23 Skyview Springs Cres. NE
Phone: (403) 452-7050

STARTING FROM **$305,300**

RIVERSONG, Cochrane
17 River Heights Blvd.
Phone: (403) 981-8877

SEMI DETACHED:
STARTING FROM **$289,047**

LANED
STARTING FROM **$305,264**

CHAPARRAL VALLEY, Calgary
290 & 294 Chaparral Valley Dr. SE
Phone: (403) 457-1109

SEMI DETACHED:
STARTING FROM **$295,868**

* See Sales Centre for details.

InnovationsByJayman.com

INNOVATIONS by Jayman

A remedy for the winter blues

This Gardener's Chicken is a creamy casserole that pairs perfectly with mashed potatoes or seasonal veggies

READER'S DIGEST

Preparation:

1. Heat oil in a deep frying pan. Add chicken and brown on all sides for 8 to 10 minutes, over medium heat. Remove the chicken and set aside.
2. Melt butter in pan. Add carrots and leek whites. Stir, cover and cook 10 minutes over low heat. Season with salt and pepper.
3. Cover vegetables with chicken. Scatter over 2/3 of the parsley and leek greens. Pour over stock to cover. Bring it to a boil then reduce heat, cover and simmer 1 hour or until the chicken is tender.
4. Discard parsley. Transfer vegetables and chicken to serving dish with slotted spoon.
5. Boil stock until reduced by third. Reduce heat.
6. Mix egg yolks with crème fraîche or sour cream. Blend mixture into stock and simmer, stirring, 2 minutes, until thickened. Do not let boil. Roughly chop remaining parsley. Pour sauce over chicken and sprinkle with parsley.

READER'S DIGEST

Ingredients:

- 2 tbsp canola oil
- 1 chicken, jointed into 6 pieces
- 2 tbsp butter
- 400 g carrots, peeled and cut into chunky batons
- 1 kg leeks, whites sliced and greens shredded
- 25 g fresh parsley
- 2 ¼ cups chicken stock
- 2 egg yolks
- 2 tbsp crème fraîche or sour cream
- Salt and pepper

▶ This Gardener's Chicken will distract you from your January blahs.

Quest over for hobbling Nadal

Spanish star's bid to win four majors in a row comes to an end

Rafael Nadal wiped the tears from his eyes with his taped-up fingers.

His Rafa Slam was evaporating. The 25-match winning streak in Grand Slams and his bid to become the first man since Rod Laver in 1969 to hold all four major titles at once was three games from ending.

He was hurt. He was down two sets and a break. It was the same court, and the same round where he retired in the Australian Open last year. Yet the idea of packing it in didn't even enter his mind.

"I hate the retirements," he said. "This wasn't the day. I did last year. I hate that moment ... Didn't want to repeat that."

Six games later, Nadal was out of the tournament, losing 6-4, 6-2, 6-3 to fellow Spaniard David Ferrer yesterday in Rod Laver Arena, the centre court at Melbourne Park named after the Australian great whose four consecutive majors he was trying to match.

"It's a victory for me. But it's not a victory, really," Ferrer said.

Laver, who lives in Carlsbad, Calif., was surprised to hear of Nadal's loss.

"I'll be darned," Laver said in a phone interview with The Associated Press. "I thought he'd come all the way through. They were all counting that he was going to be the defending champion in all four tournaments.

"That's disappointing for him, really. In a way, that was an effort to put all those tournaments together through last year. It really was a good performance. I had him as being favoured, even to beat Federer, the way he was playing. He just has got a game that's difficult for Roger."

Laver is the last man to win a true Grand Slam, made up of the Australian Open, French Open, Wimbledon and the U.S. Open in a calendar year. He did it twice, as an amateur in 1962 and again in 1969.

Again, it was Australia Day. Again, Nadal's match was interrupted by fireworks for the national day celebrations.

Again, the match was a dud.

THE ASSOCIATED PRESS

Leg injury

Nadal received treatment for his upper left thigh after the third game and had the thigh heavily strapped. He needed treatment again after the first set.

- "I can say nothing about the injury," he said. "Seriously, I would prefer to not talk a lot about the injury."
- He was later quoted in Spanish as saying he had a small tear in a muscle in his upper left leg.

CLIVE BRUNSKILL/GETTY IMAGES

▶ Rafael Nadal serves yesterday in his quarter-final match against David Ferrer.

Flames extend streak before all-star break

David Moss had two goals and an assist last night as the surging Calgary Flames beat the St. Louis Blues 4-1 for their fourth straight win.

Calgary took the lead for good 5:34 into the game thanks to an error by St. Louis defenceman Erik Johnson.

Goaltender Ty Conklin stuck out his pad to stop Moss's snapshot from the wing. But as the rebound bounced into the slot, Johnson misplayed his clearing attempt, firing it into his own net.

4	1
FLAMES	BLUES

Adam Pardy and Jarome Iginla into an empty net also scored for Calgary (24-21-6).

Philip McRae scored his first career goal for St. Louis (22-20-7).

Calgary enters the all-star break playing its best hockey of the season. The Flame are a sizzling 10-3-3 in their last 16 games and have climbed to within two points of a playoff spot in the Western Conference.

THE CANADIAN PRESS

Sports in brief

Ban proposed for Contador

CYCLING. Alberto Contador says Spanish cycling officials are proposing a one-year ban for the Tour de France champion who failed a doping test.

In a statement released by his spokesman yesterday, Contador says the Spanish cycling federation's disciplinary committee informed him of the decision.

If banned, Contador would lose his third Tour title because of the positive clenbuterol result he blames on contaminated meat. THE ASSOCIATED PRESS

Cahoon quits on a high note

CFL. Fresh from a second straight Grey Cup win, veteran Montreal Alouettes slotback Ben Cahoon is calling it quits.

The 38-year-old announced his retirement from the CFL team yesterday.

THE CANADIAN PRESS

4 sports

"This one feels great due to the fact that I've been through so much and trained to getting back to this position."

MICHAEL VICK ON MAKING HIS FOURTH PRO BOWL APPEARANCE — AND FIRST SINCE SERVING 18 MONTHS FOR HIS ROLE IN A DOGFIGHTING OPERATION

ACCESS LEGAL RESEARCH INC.
CRIMINAL PARDONS/ U.S WAIVER
NO FAULT DIVORCE
DEBT COLLECTION
OPEN SATURDAY BY APPOINTMENT
CALL 403.228.1300

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	50	33	12	2	3	174	130	71	16-7-0-2	17-5-2-1	8-2-0-0	W2
d-Tampa Bay	51	31	15	3	2	154	154	67	16-4-1-1	15-11-2-1	7-3-0-0	W5
d-Boston	50	28	15	2	5	152	112	63	13-9-1-2	15-6-1-3	7-3-0-0	W1
Pittsburgh	50	31	15	2	2	154	114	66	17-9-1-0	14-6-1-2	6-3-0-1	W2
Washington	51	27	15	5	4	140	129	63	16-5-2-4	11-10-3-0	4-3-2-1	L2
NY Rangers	52	29	20	2	1	148	126	61	12-11-1-1	17-9-1-0	5-5-0-0	L1
Montreal	50	27	18	4	1	130	123	59	16-6-3-1	11-12-1-0	6-2-1-1	L2
Atlanta	52	24	19	3	6	152	166	57	12-9-1-4	12-10-2-2	3-4-1-2	W1
Carolina	50	25	19	2	4	153	155	56	13-8-1-1	12-11-1-3	6-4-0-0	W2
Buffalo	49	23	21	5	0	137	144	51	11-12-1-0	12-9-4-0	7-3-0-0	W2
Florida	49	22	22	2	3	131	131	49	11-8-2-3	11-14-0-0	4-3-1-2	L1
Toronto	49	19	25	2	3	124	153	43	10-11-2-2	9-14-0-1	4-5-0-1	L3
Ottawa	50	17	25	5	3	108	160	42	9-14-2-2	8-11-3-1	1-6-1-2	L6
NY Islanders	49	15	27	3	4	119	162	37	8-12-1-3	7-15-2-1	2-7-0-1	L3
New Jersey	49	16	30	2	1	101	144	35	9-13-1-1	7-17-0-1	6-3-1-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	49	30	10	4	5	163	120	69	16-3-1-4	14-7-3-1	4-2-1-3	W1
d-Detroit	49	30	13	4	2	166	143	66	15-6-3-1	15-7-1-1	6-3-0-1	W1
d-Dallas	50	30	15	1	4	147	137	65	16-6-1-3	14-9-0-1	7-2-0-1	W1
Nashville	49	27	16	4	2	133	117	60	11-4-3-2	16-12-1-0	7-3-0-0	L1
Anaheim	52	28	20	2	2	140	146	60	17-7-0-1	11-13-2-1	7-3-0-0	W2
Phoenix	51	25	17	6	3	149	145	59	10-9-3-2	15-8-3-1	6-4-0-0	W1
Chicago	50	26	20	2	2	157	139	56	16-13-0-0	10-7-2-2	6-3-0-1	L2
Colorado	50	25	19	6	0	161	165	56	14-11-3-0	11-8-3-0	4-5-1-0	L1
San Jose	49	25	19	4	1	137	135	55	12-10-2-1	13-9-2-0	4-6-0-0	W4
Minnesota	49	25	19	1	4	130	134	55	11-11-0-2	14-8-1-2	6-4-0-0	W1
Los Angeles	49	26	22	1	0	140	122	53	16-9-1-0	10-13-0-0	4-6-0-0	W2
Calgary	50	23	21	2	4	140	151	52	13-9-0-1	10-12-2-2	5-2-1-2	W3
St. Louis	48	22	19	3	4	129	142	51	15-8-1-2	7-11-2-2	2-6-1-1	L3
Columbus	49	23	21	3	2	130	152	51	12-11-0-1	11-10-3-1	3-5-1-1	L1
Edmonton	49	15	26	1	7	122	168	38	7-13-1-3	8-13-1-3	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Dallas 3 Edmonton 1
Atlanta 1 Washington 0
Boston 2 Florida 1
Carolina 4 N.Y. Islanders 2
Detroit 3 New Jersey 1
Phoenix 5 Colorado 2
St. Louis at Calgary
Nashville at Vancouver
San Jose at Los Angeles
Tuesday's results
Buffalo 3 Ottawa 2 (OT)
Edmonton 4 Phoenix 3
Philadelphia 5 Montreal 2
Tampa Bay 2 Toronto 0
Pittsburgh 1 N.Y. Islanders 0
Florida 4 N.Y. Rangers 3
Anaheim 3 Columbus 2
Minnesota 4 Chicago 2
Tonight's games
No Games Scheduled.
ALL-STAR WEEKEND
At Raleigh, N.C.
Tomorrow's game
All times Eastern
All-star player draft, 8 p.m.

STARS 3, OILERS 1

First Period
1. Dallas, Burish 7 (Ribeiro, Daley) 10:38
Penalties — Langenbrunner Dal (interference) 2:16, Vandermeer Edm, Barch Dal (fighting) 13:29, Fraser Edm, Niskanen Dal (fighting) 13:43.
Second Period
2. Dallas, Morrow 20 (Langenbrunner, Robidas) 2:32 (pp)
3. Dallas, Morrow 21 (Langenbrunner, Ribeiro) 8:22
4. Edmonton, Penner 16 (Horcoff, Hall) 17:44 (pp)
Penalties — Penner Edm (hooking) 1:18, Petry Edm (holding), Fistric Dal (unsportsmanlike conduct) 9:07, Stortini Edm (fighting), Barch Dal (roughing, fighting, misconduct) 12:59, Gagner Edm, Sutherby Dal (cross-checking) 14:42, Peckham Edm (interference, fighting), Neal Dal (unsportsmanlike conduct, instigator, fighting) 16:37, Khabibulin Edm (slashing; served by Hall) 19:02.
Third Period — No Scoring.
Penalties — Smid Edm (elbowing), Jacques Edm (roughing), Gagner Edm (misconduct) 9:19, Khabibulin Edm (roughing; served by Cogliano), Morrow Dal (slashing) 9:57.
Shots

Edmonton	11	11	13—35
Dallas	5	6	10—21

Goal — Edmonton: Khabibulin (L,8-22-2); Dallas: Lehtonen (W,22-11-5). **Power plays (goals-chances)** — Edmonton: 1-3; Dallas: 1-4. **Referees** — Mike Leggo, Kyle Rehman. **Linesmen** — Ryan Galloway, Jay Sharrers. **Att.** — 13,875 (18,532) at Dallas.

SCORING LEADERS

	G	A	PT
Stamkos, TB	38	29	67
Crosby, Pgh	32	34	66
D.Sedin, Vcr	27	36	63
H.Sedin, Vcr	11	50	61
St. Louis, TB	20	40	60
B.Richards, Dal	20	37	57
Zetterberg, Det	16	36	52
Perry, Ana	25	26	51
Ovechkin, Wash	19	32	51
E.Staal, Car	23	26	49
Eriksson, Dal	17	32	49
Kopitar, LA	16	33	49
Kesler, Vcr	27	20	47
Giroux, Pha	19	28	47
M.Richards, Pha	17	30	47
Sharp, Chi	26	20	46
Iginla, Cal	21	25	46
Backstrom, Wash	12	34	46
Briere, Pha	26	19	45
Selanne, Ana	15	30	45
J.Carter, Pha	23	21	44
Duchene, Col	19	25	44
Havlat, Minn	14	30	44
J.Thornton, SJ	13	31	44
Ribeiro, Dal	10	34	44
Nash, Clb	23	20	43
Heatley, SJ	18	25	43
M.Koivu, Minn	14	29	43
Visnovsky, Ana	8	35	43
P.Stastny, Col	17	25	42
Hejduk, Col	15	27	42
Lidstrom, Det	11	31	42
Yandle, Phx	7	35	42
Vanek, Buf	18	23	41
Byfuglien, Atl	16	25	41
Enstrom, Atl	8	33	41
Letang, Pgh	7	34	41
Skinner, Car	18	22	40
Toews, Chi	17	23	40
Plekanec, Mtl	16	24	40
MacArthur, Tor	15	25	40
T.Ruutu, Car	12	28	40
Ryan, Ana	22	17	39
Bergeron, Bos	16	23	39
Ladd, Atl	16	23	39
Datsyuk, Det	12	27	39
J.Williams, LA	18	20	38
Dubinsky, NYR	17	21	38
Grabovski, Tor	20	17	37
Neal, Dal	20	17	37
D.Brown, LA	17	20	37
Backes, StL	16	21	37
Malkin, Pgh	15	22	37
Getzlaf, Ana	13	24	37
P.Kane, Chi	13	24	37
Clowe, SJ	12	25	37
J.Jokinen, Car	12	25	37
Tanguay, Cal	12	25	37
Marleau, SJ	18	18	36
Tavares, NYI	18	18	36
Steen, StL	15	21	36
Elias, NJ	13	23	36
Leino, Pha	11	25	36
Ra.Whitney, Phx	10	26	36
Franzen, Det	20	15	35
Semin, Wash	18	17	35
Roy, Buf	10	25	35
Liles, Col	6	29	35
Kessel, Tor	19	15	34
Hartnell, Pha	17	17	34
Brassard, Clb	12	22	34
Umberger, Clb	17	16	33
Kulemin, Tor	16	17	33
Kunitz, Pgh	16	17	33
Benn, Dal	13	20	33
Weiss, Fla	13	20	33
Doan, Phx	11	22	33
Malone, TB	11	22	33
Wisniewski, NYI-Mtl	5	28	33
J.Johnson, LA	4	29	33
Couture, SJ	22	10	32
Lucic, Bos	19	13	32
Morrow, Dal	19	13	32
Smyth, LA	18	14	32
Recchi, Bos	10	22	32
Voracek, Clb	9	23	32
Edler, Vcr	8	24	32
Krecji, Bos	7	25	32
D.Boyle, SJ	5	27	32
Rafalski, Det	4	28	32
Gaborik, NYR	16	15	31
Penner, Edm	15	16	31
Burns, Minn	14	17	31
Stoll, LA	14	17	31
Cammalleri, Mtl	13	18	31
Fleischmann, Col	12	19	31
Versteeg, Tor	12	19	31
Cullen, Minn	10	21	31
Kopecky, Chi	10	21	31
Pavelski, SJ	9	22	31
Hall, Edm	16	14	30
Stepan, NYR	14	16	30
Comeau, NYI	13	17	30
Parenteau, NYI	12	18	30
Boyes, StL	10	20	30
Purcell, TB	8	22	30
Kaberle, Tor	2	28	30

Not including last night's games

NFL

PRO BOWL
Sunday's game
At Honolulu
AFC vs. NFC, 7 p.m.

SUPER BOWL XLV
Sunday, Feb. 6
At Arlington, Texas
Pittsburgh (AFC) vs. Green Bay (NFC), 6:30 p.m.

TENNIS

AUSTRALIAN OPEN
At Melbourne, Australia
Wednesday's results
MEN
Singles — Quarter-finals
David Ferrer (7), Spain, def. Rafael Nadal (1), Spain, 6-4, 6-2, 6-3.
Andy Murray (5), Britain, def. Alexandr Dolgopolov, Ukraine, 7-5, 6-3, 6-7 (3), 6-3.
Doubles — Quarter-finals
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto,** def. Mariusz Fyrstenberg and Marcin Matkowski (5), Poland, 7-6 (3), 6-3.
Mahesh Bhupathi and Leander Paes (3), India, def. Michael Llodra, France, and Nenad Zimonjic (8), Serbia, 6-4, 6-4.
WOMEN
Singles — Quarter-finals
Vera Zvonareva (2), Russia, def. Petra Kvitova (25), Czech Republic, 6-2, 6-4.
Kim Clijsters (3), Belgium, def. Agnieszka Radwanska (12), Poland, 6-3, 7-6 (4).
Doubles — Semifinals
Victoria Azarenka, Belarus, and Maria Kirilenko (12), Russia, def. Kveta Peschke, Czech Republic, and Katarina Srebotnik (2), Slovenia, 6-2, 6-4.
Gisela Dulko, Argentina and Flavia Pennetta (1), Italy, def. Liezel Huber, U.S., AND Nadia Petrova (4), Russia, 6-4, 7-5.

SOCCER

ENGLAND

PREMIER LEAGUE
Yesterday's result
Liverpool 1 Fulham 0

CARLING CUP
SEMIFINAL
Second Leg
Yesterday's result
Birmingham 3 West Ham 1 (extra time)
(Birmingham advances on 4-3 aggregate)

GERMANY

GERMAN CUP
QUARTER-FINALS
Yesterday's result
Aachen 0 Bayern Munich 4
Cottbus 1 Hoffenheim 0
Duisburg 2 Kaiserslautern 0

ITALY

ITALIAN CUP
QUARTER-FINALS
Yesterday's results
Napoli 0 Inter Milan 0 (extra time)
(Inter Milan wins 5-4 on penalties)
Sampdoria 1 AC Milan 2

SCOTLAND

PREMIER LEAGUE
Yesterday's results
Celtic 4 Hearts 0
Hibernian 0 Rangers 2
Inverness 0 Aberdeen 2
St. Johnstone 1 Motherwell 0
St. Mirren 1 Dundee United 1

SPAIN

COPA DEL REY
SEMIFINALS
First Leg
Yesterday's results
Barcelona 5 Almeria 0
Sevilla 0 Real Madrid 1

TRANSACTIONS

BASEBALL

AMERICAN LEAGUE
MINNESOTA TWINS—Claimed LHP Dusty Hughes off waivers from Kansas City. Designated RHP Rob Delaney for assignment
N.Y. YANKEES—Agreed to terms with RHP Bartolo Colon on a minor league contract.
TAMPA BAY RAYS—Announced the retirement of OF Rocco Baldelli, who accepted a position as a special assistant with the team.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Agreed to terms with C Miguel Montero on a one-year contract.
CINCINNATI REDS—Agreed to terms with RHP Johnny Cueto on a four-year contract.
SAN FRANCISCO GIANTS—Agreed to terms with RHP Marc Kroon on a minor league contract.

BASKETBALL

NBA
ORLANDO MAGIC—Waived G Jason Williams.
TORONTO RAPTORS—Signed G Trey Johnson to a 10-day contract. Released G Sundiata Gaines.

FOOTBALL

NFL
MIAMI DOLPHINS—Named Ike Hilliard assistant wide receivers coach, Tony Sparano Jr. offensive quality control coach and Dave Fipp assistant special teams coach. Promoted receivers coach Karl Dorrell to quarterbacks coach, offensive quality control coach Steve Bush to receivers coach and assistant special teams coach Darren Rizzi to special teams coordinator.
N.Y. JETS—Signed DB Will Billingsley, RB Carlos Brown, LB Cody Brown, P T.J. Conley, G Marlon Davis, C Robby Felix, RB Chris Jennings, DL Matt Kroul, G Dennis Landolt, CB Ellis Lankster, LB Joey LaRocque, WR Logan Payne, DT Carlton Powell, LB Brashton Satele, DB Richard Taylor, LB Brian Toal, DE Lorenzo Washington and QB Drew Willy to reserve/futures contracts.

HOCKEY

NHL
CHICAGO BLACKHAWKS—Assigned D Nick Leddy to Rockford (AHL).
COLUMBUS BLUE JACKETS—Assigned LW Matt Calvert to Springfield (AHL).
MINNESOTA WILD—Reassigned F Cody Almond to Houston (AHL).
MONTREAL CANADIENS—Assigned C Ryan White to Hamilton (AHL).
OTTAWA SENATORS—Re-assigned G Mike Brodeur and F Bobby Butler to Binghamton (AHL).

LACROSSE

NLL
MINNESOTA SWARM—Traded T Ryan Sharp to Toronto for a 2013 first-round draft pick. Signed D Brock Boyle.

SOCCER

MLS
CHICAGO FIRE—Re-signed D Dasan Robinson.
PORTLAND TIMBERS—Signed G Adin Brown and D Steve Purdy.

CURLING

BDO CLASSIC CANADIAN OPEN
At Oshawa, Ont.
Last night's results
Round Robin — First Draw
John Epping 7 Kevin Martin 6 (extra end)
Glenn Howard 8 Mark Bice 2
Kevin Koe 6 Dale Matchett 3
Pat Simmons 6 Randy Ferbey 5
Thomas Ulsrud 6 Rob Fowler 4 (extra end)

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	34	10	.773	—
d-Miami	31	13	.705	3
d-Chicago	31	14	.689	3½
Orlando	30	16	.652	5
Atlanta	29	17	.630	6
New York	23	21	.523	11
Philadelphia	20	25	.444	14½
Charlotte	19	25	.432	15
Milwaukee	17	26	.395	16½
Indiana	16	26	.381	17
Detroit	17	29	.370	18
New Jersey	14	32	.304	21
Washington	13	31	.295	21
Toronto	13	33	.283	22
Cleveland	8	37	.178	26½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	39	7	.848	—
d-L.A. Lakers	33	13	.717	6
Dallas	29	15	.659	9
New Orleans	30	16	.652	9
d-Oklahoma City	29	16	.644	9½
Denver	27	18	.600	11½
Utah	27	19	.587	12
Portland	25	21	.543	14
Memphis	22	24	.478	17
Houston	22	25	.468	17½
Phoenix	20	24	.455	18
Golden State	19	25	.432	19
L.A. Clippers	17	28	.378	21½
Sacramento	10	33	.233	27½
Minnesota	10	35	.222	28½

d — division leader
Last night's results
Orlando 111 Indiana 96
New Jersey 93 Memphis 88
Philadelphia 107 Toronto 94
Denver 109 Detroit 100
Milwaukee 98 Atlanta 90
Oklahoma City 118 Minnesota 117 (OT)
Houston 96 L.A. Clippers 83
Charlotte 114 Phoenix 107
San Antonio 112 Utah 105
New Orleans at Golden State
Tuesday's results
Denver 120 Washington 109
Boston 112 Cleveland 95
Dallas 112 L.A. Clippers 105
Charlotte 94 Sacramento 89
L.A. Lakers 120 Utah 91
Tonight's games
Miami at New York, 8 p.m.
Houston at Dallas, 8:30 p.m.
Boston at Portland, 10:30 p.m.

SIXERS 107, RAPTORS 94
PHILADELPHIA (107)
Iguodala 7-11 0-0 15, Brand 6-10 2-2 14, Hawes 1-7 1-2 3, Holiday 6-16 3-4 15, Meeks 0-5 2-2 2, Williams 6-10 0-0 15, Turner 3-8 4-4 10, Young 5-10 0-0 10, Speights 10-12 3-3 23. Totals 44-89 15-17 107.
TORONTO (94)
Wright 4-11 0-0 8, A.Johnson 7-10 1-2 15, Bargnani 6-10 4-4 17, Calderon 3-8 2-4 8, DeRozan 9-18 11-12 29, Davis 2-3 0-0 4, Bayless 1-3 0-0 2, Weems 3-7 0-0 6, T.Johnson 1-4 0-0 3, Ajinca 1-2 0-0 2. Totals 37-76 18-22 94.

Philadelphia	20	30	34	23	—107
Toronto	29	21	27	17	—94

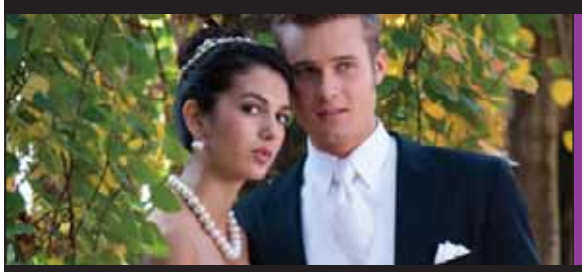
3-Point Goals—Philadelphia 4-15 (Williams 3-5, Iguodala 1-2, Turner 0-1, Speights 0-1, Holiday 0-3, Meeks 0-3), Toronto 2-8 (T.Johnson 1-2, Bargnani 1-2, Calderon 0-4). Fouled Out—None. Rebounds—Philadelphia 53 (Speights 9), Toronto 37 (A.Johnson 6). Assists—Philadelphia 28 (Holiday 11), Toronto 19 (Calderon 13). Total Fouls—Philadelphia 17, Toronto 15. A—14,552 (19,800) at Toronto.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	40	372	311	1124	28.1
Stoudemire, NYK	44	430	279	1147	26.1
James, MIA	42	372	285	1087	25.9
Ellis, GOL	44	427	206	1133	25.8
Wade, MIA	41	357	279	1030	25.1
Bryant, LAL	46	403	280	1144	24.9
Rose, CHI	44	395	222	1082	24.6
Gordon, LAC	41	333	242	988	24.1
Anthony, DEN	37	311	233	880	23.8

Not including last night's games

Celebrate family & friends

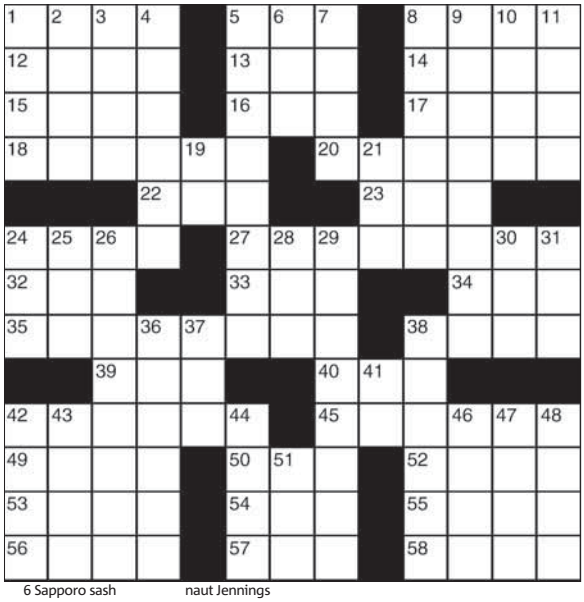


Come in to Derks
and receive your rental
Savings Coupon
Today!

CONSUMER CHOICE AWARD 2010

Derks Formals Menswear
www.derks.ca
#107, 7004 MacLeod Trail • SE 403.301.3366
#107, 908 - 17th Ave SW • 403.228.5288

Crossword



Across

1 Parliamentarian
5 Wynken and Blynken's pal
8 Talon
12 Lotion additive
13 Rushmore face
14 Portrayal
15 Catchall abbr.
16 Compete
17 Terrible guy?
18 Zaftig, perhaps
20 Take umbrage at
22 Slight touch
23 Cage component
24 Eye with desire
27 Like some suitors
32 Court
33 One (Pref.)
34 Regret
35 Trysters' locale
38 Mideast gulf
39 Ostrich's cousin
40 iPad download
42 Missing
45 Lass
49 Lecher's look
50 Blackbird
52 Continental coin
53 Boast
54 Family
55 Family
56 Initial stake
57 Recede
58 Otherwise

Down

1 Mary's follower
2 Hodgepodge
3 Colonial seamstress
4 Solve a cryptogram
5 Almost black
6 Sapporo sash
7 Antelope's playmate
8 Emotional period
9 Variety of small parrot
10 Chester — Arthur
11 Departed
19 41-Down's partner
21 Prior to
24 Symbol of wisdom
25 Stickum
26 Chair for a pair
28 Switch positions
29 Niacin or riboflavin
30 Poolroom prop
31 "Jeopardy!" jugger-naut Jennings
36 Come out
37 Sister
38 Each
41 19-Down's partner
42 Actress Jessica
43 Swiss city
44 Snatch
46 Boring
47 Geological periods
48 Zilch
51 Pen point

▶ Yesterday's answer

Sudoku

	2	3				4		
			9	7				1
1					2			3
		4	2		1		3	
	5			8			2	
	8		3		5	6		
4			8					5
5				1	6			
		7				8	1	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	1	2	8	3	4	7	6	9
3	6	8	7	2	9	4	1	5
9	4	7	5	6	1	3	2	8
4	9	5	1	8	6	2	7	3
6	8	1	2	7	3	9	5	4
7	2	3	4	9	5	1	8	6
8	3	6	9	1	2	5	4	7
1	5	9	6	4	7	8	3	2
2	7	4	3	5	8	6	9	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Dearest Katherine! Happy 5th Anniversary! I can't believe it's been 5 years already. I love you more and more everyday and can't wait for our first bundle of joy! Love you to death! **XOXO BENJAMIN**

My little dolphin, I miss you lots and can't wait until you come back for your visit. This year will be amazing and we're going to have the time of our lives! I love you to infinity and beyond, forever and always! mmmMMUUAAAHHHH! **LOVE, YOUR ELECTRIC MOUSE**

Ohh babesss Stop that! Each day I love you more and more. Our love continues to bloom like a flower. Love you* **PAN ANZ***

Sam, You are the light of my life without which nothing grows in this patch of barren soul. Love you **YOURS ASH**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 4° Max 9°	Min 1° Max 2°	Min -14° Max -9°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Travel and social plans may be at the top of your agenda, but don't expect family and friends to do what you want to do. If you are looking for love, you will most likely find it on a trip to some exotic place.

♉ Taurus April 21-May 21
What happens today will bring an opportunity to make some much-needed cash, but it won't be the answer to all of your financial problems. You have to make some serious savings, that means cutbacks.

♊ Gemini May 22-June 21 The planets are urging you to do something out of the ordinary. You hate it when everything is so quiet that you can hear yourself breathing.

♋ Cancer June 22-July 22 You may be tempted to push yourself harder than ever. But Venus, planet of harmony and balance, in the wellbeing area of your chart, says it might be wise to take things easy.

♌ Leo July 23-Aug.23 You may be passionate, but sometimes you can get carried away and do things that are not good for you, personally or professionally. Don't let your passions get the better of you today.

♍ Virgo Aug. 24- Sept. 22 You are more affectionate than some people give you credit for. At some stage, today, you will release those feelings that you have kept hidden. It won't be embarrassing. In fact, it will be rather nice.

♎ Libra Sept. 23-Oct. 23 Don't worry about details. Focus on the bigger picture and trust that fate will guide you in the right direction. Your questions will be answered when you are ready to understand.

♏ Scorpio Oct. 24-Nov. 22 You don't have to see every interaction in terms of winning or losing. Let life come to you today and you will soon realize that you have everything to gain from being less aggressive.

♐ Sagittarius Nov. 23-Dec. 21 Venus in your sign is making you somewhat mellow, and that's no a bad thing. It means you are less likely to overreact if something out of the ordinary happens. Take life as it comes.

♑ Capricorn Dec. 22-Jan. 20 Not everything will run smoothly, but it won't go so wrong that you'll have to take remedial action. There will always be bumps in the road on which you are traveling. It makes a journey interesting.

♒ Aquarius Jan. 21-Feb. 18 Don't come on too strongly and frighten away someone to whom you want to get close. Sometimes, you seem a bit fierce to those not as committed to your favorite causes.

♓ Pisces Feb. 19-March 20 You may have a number of duties to perform, but you are advised to put them out of your mind and focus only on things that make you glad to be alive.
SALLY BROMPTON

Caption contest

ANDREW BROWNBILL/ THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

JOHN LEYBA/ THE ASSOCIATED PRESS

Canadian Legal Resource Centre Inc.
CALL NOW!! 403.229.2774
MON-SAT DAYTIME & EVENING APPOINTMENTS
FREE CONSULTATION
UNCONTESTED DIVORCES
Legal Separation Agreements • Spousal Land Transfers
www.canadianlegal.org
CRIMINAL RECORD?
Canadian Pardons • US Travel Waivers
Fingerprinting
21+ Years Experience • Voted #1 Paralegal
Why Pay More?

Celebrate family & friends
CONSUMER CHOICE AWARD 2010
Come in to Derks and receive your rental
Savings Coupon Today!
Derks Formals Menswear
#107, 7004 MacLeod Trail • SE 403.301.3366
#107, 908 - 17th Ave SW • 403.228.5288
www.derks.ca

Adventure!
Teach English Overseas
> TESOL Certified in 5 Days
> In-Class or Online
> No Degree Required!
1.888.270.2941
Job Guaranteed!
Next in-class course: Feb 9th - 13th
Best Western Village Park Inn (Motel Village)
www.globaltesol.com
GLOBAL TESOL COLLEGE

HURRY! OFFERS END SOON

AIR MILES® SUPER BONUS EVENT

SAFEWAY

January 28-30, spend $200, earn

250 BONUS AIR MILES reward miles†

or

spend $100 and earn

100 BONUS AIR MILES reward miles†

Minimum purchase required.
See newspaper for coupon.

Shell

Until February 27, earn

10x the AIR MILES reward miles on a minimum $30 Shell V-Power®* premium fuel purchase††

Coupon available in-store.
No coupon required when paying at the pump.

Visions Electronics

Your Best Price!

January 26 – February 1, earn

50 BONUS AIR MILES reward miles

with the purchase of any 32" or larger flat panel TV†††

See airmiles.ca/superbonusevent for coupon.

THE CHILDREN'S PLACE

January 28-30, spend $150, earn

10 BONUS AIR MILES reward miles*

No coupon required. See offer details.

THAT'S LOTS OF REWARD MILES CLOSER TO ELECTRONICS, STARTING FROM 550 REWARD MILES.**

AIR MILES™ Travel and More

MORE WAYS TO EARN. MORE REWARD OPTIONS.
GET MORE FROM AIR MILES®.

For more information, go to airmiles.ca/superbonusevent

†From January 28, 2011 to January 30, 2011. See in-store for details. ††Offer valid until February 27, 2011 at participating Shell locations. Minimum $30 Shell V-Power®* fuel purchase required per transaction to earn 10x offer. Minimum $30 Shell Bronze or Silver gasoline or Shell Diesel purchase required per transaction to earn 2x offer. One Bonus offer per transaction. No coupon required when paying at the pump. Original Bonus offer coupon must be redeemed at time of purchase when paying in-store. Unauthorized reproductions are unlawful. No cash surrender value. Maximum number of reward miles to be awarded per qualifying transaction on the 10x offer is 290 reward miles. Maximum number of reward miles to be awarded per qualifying transaction on the 2x offer is 58 reward miles. The Shell logo is a trade-mark of Shell Brands International AG. Used under license. †††Original bonus offer coupon must be presented at time of purchase to earn 50 Bonus reward miles offer. 50 Bonus AIR MILES reward miles offer valid with the purchase of any make/model flat panel TV sized 32" and up. Offer valid from January 26, 2011 to February 1, 2011. This 50 Bonus AIR MILES reward miles and standard AIR MILES reward miles offers have no cash surrender value. This Bonus offer cannot be applied against previous purchases. This offer cannot be combined with any other AIR MILES discount or bonus offer. Valid at all Visions Electronics Store locations in Manitoba, Saskatchewan, Alberta, and British Columbia and online at www.visions.ca. *Bonus AIR MILES offer is valid from January 28, 2011 to January 30, 2011 at participating Alberta and British Columbia locations when you present your Collector Card at time of purchase. Valid for a single purchase of $150 or more, net refunds and exclusive of taxes, discounts, and gift card purchases. The Children's Place reserves the right to change or cancel this offer at anytime. No coupon required. **All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.